



Ever wanted to learn about one of the topics listed below? Well, bring your lunch and learn some fun facts at the same time! Each week we will focus on a different topic and will save plenty of time for Q&A. See you there!

### My Plate

- Make  $\frac{1}{2}$  your plate fruits and veggies
- Make  $\frac{1}{2}$  your grains whole
- Vary your protein
- Go crazy for calcium (bone health)

Think your drink

Should I drink energy drinks?

Reading nutrition facts labels

Food groups

Meal planning

### Supplements

Healthy snacks

Q&A on specialized diets:  
vegetarian, vegan, paleo,  
gluten free

Breakfast (importance, types)

Eating on the go

Food records

Mindful Eating

Importance of physical  
activity